



Sleep and Anxiety: Integrated Disorders and Receptors Linked by GABA

This activity offers CE credit for:

- Physicians (CME)
- Nurses (CNE)
- Psychologists (CEP)
- Social Workers (NASW)
- Case Managers (CCMC)
- Pharmacists (CPE)

FACULTY

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for this FREE one-hour activity,
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1. Complete form on following page.
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Statement of Need

New research findings are revealing the important role of gamma-aminobutyric acid (GABA) in disorders such as generalized anxiety disorder (GAD) and post-traumatic stress disorder (PTSD). Both conditions are associated with anxiety and sleep disorders thought to be caused by glutamate, an excitatory neurotransmitter. GABAergic agents are proving to be beneficial in the neutralization of glutamate and the restoration of normal sleep architecture. How does GABA fit into an evidence-based treatment plan for patients with anxiety and sleep disorders, especially GAD and PTSD? In this psychCME TALK activity, the experts will explore the role of GABA in creating better patient outcomes.

Activity Goal

To better understand the link between GABA and enhanced clinical outcomes in anxiety and sleep disorders.

Learning Objectives

At the end of this CE activity, participants should be able to:

- Review the epidemiology and pathophysiology of anxiety and sleep disorders.
- Describe the impact of GABA regulation on anxiety disorders and related sleep disturbances in patients with anxiety disorders—especially PTSD and GAD.
- Examine traditional treatment modalities and explore novel treatment options for patients with anxiety disorders and comorbid sleep disturbances.

Target Audience

Physicians, nurses, psychologists, social workers, case managers, pharmacists, and other healthcare professionals with an interest in mental health.

Commercial Support

The FCG Institute for Continuing Education and CME Outfitters, LLC, gratefully acknowledge an educational grant from Cephalon, Inc., in support of this CE activity.

Credit Information

CME Accreditation and Credit

Designation: This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of The FCG Institute for Continuing Education and CME Outfitters,

LLC. The FCG Institute for Continuing Education is accredited by the ACCME to provide continuing medical education for physicians. The FCG Institute for Continuing Education designates this educational activity for a maximum of 1.0 category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

CNE Credit: This continuing nursing education activity has been submitted to the New York State Nurses Association's Council on Continuing Education, which is accredited as an approver of nursing continuing education by the American Nurses Credentialing Center's Commission on Accreditation.

CEP Approval and Credit Designation:

This program is cosponsored by The FCG Institute for Continuing Education and CME Outfitters, LLC. The FCG Institute for Continuing Education is approved by the American Psychological Association to offer continuing education for psychologists. The FCG Institute for Continuing Education maintains responsibility for the program. The FCG Institute for Continuing Education is offering 1.0 credits for successful completion of this program.

NASW Credit: This program was approved by the National Association of Social Workers (provider #886407722) for 1 continuing education contact hour.

CCMC Credit: This program has been approved for 1 hour by the Commission for Case Manager Certification (CCMC).

CPE Accreditation and Credit

Designation: The FCG Institute for Continuing Education is accredited by the American Council on Pharmaceutical Education as a Provider of continuing pharmaceutical education. This program has been assigned the Universal Program Number 086-999-04-001-L01 (live interactive sessions) and 086-999-04-001-H01 (recorded activities) and has been approved for 1.2 contact hours (0.12 CEUs).

To receive credit, participants must review all activity materials in their entirety, score 70% or above on a post-test, and fully complete and return both the credit request form and activity evaluation. A certificate or statement of credit will be mailed to all who successfully complete these requirements.

Sleep and Anxiety: Integrated Disorders and Receptors Linked by GABA

☐ **January 13, 2004**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **January 14, 2004**

1:15 p.m.–2:15 p.m. ET
12:15 p.m.–1:15 p.m. CT
11:15 a.m.–12:15 p.m. MT
10:15 a.m.–11:15 a.m. PT

☐ **January 21, 2004**

1:15 p.m.–2:15 p.m. ET
12:15 p.m.–1:15 p.m. CT
11:15 a.m.–12:15 p.m. MT
10:15 a.m.–11:15 a.m. PT

☐ **January 23, 2004**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **January 26, 2004**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **January 27, 2004**

3:15 p.m.–4:15 p.m. ET
2:15 p.m.–3:15 p.m. CT
1:15 p.m.–2:15 p.m. MT
12:15 p.m.–1:15 p.m. PT

☐ **January 29, 2004**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **February 2, 2004**

1:15 p.m.–2:15 p.m. ET
12:15 p.m.–1:15 p.m. CT
11:15 a.m.–12:15 p.m. MT
10:15 a.m.–11:15 a.m. PT

☐ **February 5, 2004**

3:15 p.m.–4:15 p.m. ET
2:15 p.m.–3:15 p.m. CT
1:15 p.m.–2:15 p.m. MT
12:15 p.m.–1:15 p.m. PT

☐ **February 10, 2004**

2:15 p.m.–3:15 p.m. ET
1:15 p.m.–2:15 p.m. CT
12:15 p.m.–1:15 p.m. MT
11:15 a.m.–12:15 p.m. PT

☐ **February 13, 2004**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **February 18, 2004**

1:15 p.m.–2:15 p.m. ET
12:15 p.m.–1:15 p.m. CT
11:15 a.m.–12:15 p.m. MT
10:15 a.m.–11:15 a.m. PT

☐ **February 19, 2004**

1:15 p.m.–2:15 p.m. ET
12:15 p.m.–1:15 p.m. CT
11:15 a.m.–12:15 p.m. MT
10:15 a.m.–11:15 a.m. PT

☐ **February 23, 2004**

3:15 p.m.–4:15 p.m. ET
2:15 p.m.–3:15 p.m. CT
1:15 p.m.–2:15 p.m. MT
12:15 p.m.–1:15 p.m. PT

☐ **February 26, 2004**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **March 3, 2004**

3:15 p.m.–4:15 p.m. ET
2:15 p.m.–3:15 p.m. CT
1:15 p.m.–2:15 p.m. MT
12:15 p.m.–1:15 p.m. PT

☐ **March 4, 2004**

5:15 p.m.–6:15 p.m. ET
4:15 p.m.–5:15 p.m. CT
3:15 p.m.–4:15 p.m. MT
2:15 p.m.–3:15 p.m. PT

☐ **March 9, 2004**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **March 10, 2004**

2:15 p.m.–3:15 p.m. ET
1:15 p.m.–2:15 p.m. CT
12:15 p.m.–1:15 p.m. MT
11:15 a.m.–12:15 p.m. PT

☐ **March 12, 2004**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **March 15, 2004**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **March 16, 2004**

3:15 p.m.–4:15 p.m. ET
2:15 p.m.–3:15 p.m. CT
1:15 p.m.–2:15 p.m. MT
12:15 p.m.–1:15 p.m. PT

☐ **March 19, 2004**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **March 29, 2004**

8:15 p.m.–9:15 p.m. ET
7:15 p.m.–8:15 p.m. CT
6:15 p.m.–7:15 p.m. MT
5:15 p.m.–6:15 p.m. PT

☐ **March 30, 2004**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **April 1, 2004**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **April 14, 2004**

3:15 p.m.–4:15 p.m. ET
2:15 p.m.–3:15 p.m. CT
1:15 p.m.–2:15 p.m. MT
12:15 p.m.–1:15 p.m. PT

☐ **April 16, 2004**

1:15 p.m.–2:15 p.m. ET
12:15 p.m.–1:15 p.m. CT
11:15 a.m.–12:15 p.m. MT
10:15 a.m.–11:15 a.m. PT

☐ **April 19, 2004**

1:15 p.m.–2:15 p.m. ET
12:15 p.m.–1:15 p.m. CT
11:15 a.m.–12:15 p.m. MT
10:15 a.m.–11:15 a.m. PT

☐ **April 20, 2004**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **April 23, 2004**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **April 28, 2004**

2:15 p.m.–3:15 p.m. ET
1:15 p.m.–2:15 p.m. CT
12:15 p.m.–1:15 p.m. MT
11:15 a.m.–12:15 p.m. PT

☐ **April 29, 2004**

5:15 p.m.–6:15 p.m. ET
4:15 p.m.–5:15 p.m. CT
3:15 p.m.–4:15 p.m. MT
2:15 p.m.–3:15 p.m. PT

☐ **May 11, 2004**

1:15 p.m.–2:15 p.m. ET
12:15 p.m.–1:15 p.m. CT
11:15 a.m.–12:15 p.m. MT
10:15 a.m.–11:15 a.m. PT

☐ **May 14, 2004**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **May 17, 2004**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **May 19, 2004**

3:15 p.m.–4:15 p.m. ET
2:15 p.m.–3:15 p.m. CT
1:15 p.m.–2:15 p.m. MT
12:15 p.m.–1:15 p.m. PT

☐ **May 21, 2004**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **May 25, 2004**

1:15 p.m.–2:15 p.m. ET
12:15 p.m.–1:15 p.m. CT
11:15 a.m.–12:15 p.m. MT
10:15 a.m.–11:15 a.m. PT

☐ **May 27, 2004**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

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